American Jiu Jitsu

by

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AMERICAN
J I U JITSU

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THE NEW ART
OF SELF DEFENSE

BY LEN LANIUS

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Len Lanius, originator of American Jiu Jitsu, and author of this book, is a living example of the value of physical training and of the efficiency of the system he teaches. Early in life he developed himself from a sickly lad into one of the most noted athletes of two continents, holding the lightweight wrestling championship of the world for a number of years. During his career he defeated antagonists of a much heavier class than that in which he was rated, and it was in meeting these larger men that he developed original methods of offense and defense that were gradually elaborated into the system of American Jiu Jitsu of today. The success of these earlier experiments in a smaller man overcoming a larger by a scientific use of whatever strength he might possess, encouraged Mr. Lanius to make a complete and thorough study of this work, which eventually reached the stage at which it could be, and is, demonstrably successful against any system of a similar nature.

American Jiu-Jitsu

IF, as we have been taught to believe, "Self preservation is the first law of Nature," then man is guilty of greater violation of this initial statute on the book of rules of our common mother than of almost any other commandment credited to this wise old lady.

Nature has been bountiful in the matter of providing means of self preservation; but man has taken little advantage of this generosity, with the result that there are conditions continually arising where self preservation, in the way of self protection, is called for, with man unprepared to meet them.

This fact finds its greatest demonstration in the ease with which the criminal classes have been able to ply their preying trade upon the general public, during the past few years particularly, with comparatively little or no resistance from the victims.

Why?

Because the victims were unprepared to meet these assaults — had not learned the first passage in the law of self preservation — the rule of self protection — and so were practically helpless in the hands of their assailants.

This condition should not exist; and it would not exist, if the general public could be made to realize that they are not helpless to meet such emergencies — that the story of David and Goliath, brought up to date in the matter of matching science against brute strength, is a fact and easy of demonstration.

The compiling of this little volume firmly establishes the fact that all persons, regardless of sex, can train themselves in this system of self defense in a manner that will be most effective in any emergency, giving not only self protection, but self confidence to the user.

For years the author has given a close study to the development of this system of self protection, which he has named American Jiu Jitsu. The work is strictly of American origin, although the Japanese term Jiu Jitsu is used in the title. The author has used this term because of its meaning — bone breaking or muscle wrenching as this is the form of punishment that is used to overpower and bring an opponent under submission.

This system has been built up step by step and much thought and careful study has been given to devising its most practical and important features — personal protection without danger of personal injury.

Naturally the reader will ask, "Can I learn this course?" "Can I master this system?" "Can I become strong enough to defend myself?" "Will I accomplish a definite and beneficial result?" The answer to each of these questions is strongly in the affirmative, the only proviso being a careful study of this work and a sufficient amount of practice. The following tenets and rules of American Jiu Jitsu as here set forth will enable one to attain self confidence — health and strength — to meet emergencies fearlessly and to overcome mental as well as physical dangers with the serene assurance of having the advantage and being the master of the situation.

GENERAL INSTRUCTIONS

First, secure a partner, preferably some friend who is interested and will practice with you; however, any member of the family will do.

Alternately take the role of victim and aggressor. Unresistingly allow each trick to be practiced on you until its full force may be felt; in turn practice it on your partner.

Execute the beginning of the trick quickly, but the final action slowly. This will give you a chance to note your power and guard against possible injuries.

All practice should be formal, not competitive; once you start wrestling in a haphazard way, it will hinder your progress in learning. Your partner is aware of what you wish to try, but should not take advantage of this knowledge.

Compare your poses with each illustration until you have fully mastered the positions. Remember that in learning, it is not speed that counts, but getting the full control of the body and the art of applying its force.

Work very slowly at first and note the position of your body that gives you the greatest power.

Uniformity in strength is very essential in practice. The larger and stronger should tone down his strength to equal that of his partner. This will make the exercise more interesting and beneficial.

This system of defense is so devised that any woman can practice it with safety. In fact, a woman having this knowledge can not only defend herself against a ruffian, but will retain her presence of mind and keep cool in any emergency. With careful study and practice it can be fully mastered within a short time; but the more you go through the practice the greater will be your power in the use of your body and the more confidence you will develop within yourself.

PART I — LESSON No. 1

POSITION OF BODY

To successfully learn the art of overpowering others who may be larger and stronger, it is necessary that you understand the different positions of the body, which will for defense or attack.

Illustration No. 1

POSITION OF DEFENSE

Assuming you are now ready to start: Stand in your normal position and have your practice partner push you by placing both of his hands on your shoulders. Notice how easily you may become unbalanced. Now take the following position; step back with one foot and bend slightly at the knees; lean forward, tensing the muscles of the abdomen and rear leg. (See illustration No. 1 .) Have your partner push you again. You will notice that you have greatly increased your resistive power, and that it requires considerable more force to cause you to become unbalanced. The position of defense not only aids you in warding off the impact of your opponent's strength, but places you in a position to make a counter attack. To take away the power of your opponent is easy to accomplish, even though at first it seems difficult.

Regardless of your strength, if you become unbalanced, your power to resist has been removed until you again secure the balance control of your body. It is by taking advantage of this principle, that many of the locks and throws in this course are accomplished.

UNBALANCING BY RETREAT

That the principle of unbalancing and its many advantages may be fully understood, we will start in the simplest way.

Illustration No. 2

Stand a short distance apart; have your partner reach as though to seize you around the waist; grasp both of his wrists firmly and quickly step back to position of defense; pulling him forward and off balance either to your right or left. (See illustration No. 2.) Learn to unbalance in any direction as the occasion may demand.

Now practice unbalancing as your partner reaches out with either hand; should he reach with right, grasp his wrist with your right, step back with right foot to position of defense, pulling him forward and off balance to your right side.

UNBALANCING BY ATTACK

Take position by grasping each others arms just below shoulders, now slip your right hand under partner's left elbow and push upward, at the same time tighten your grip on his right arm and pull downward. (See illustration No. 3.) Unbalance him by forcing him back and to the right. Reverse this practice by pushing his right arm up and unbalance by forcing him back and to the left.

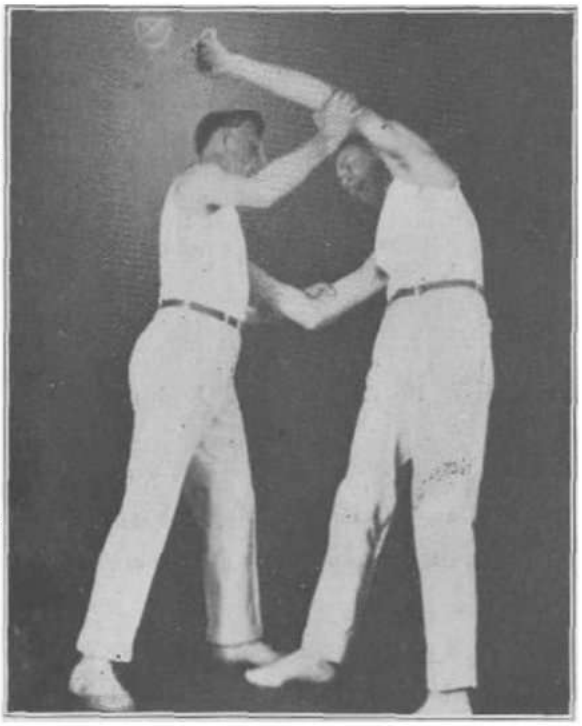


Illustration No. 3

These are simple illustrations that show the ease in which one may unbalance another.

PART I —LESSON No. 2
PRELIMINARY PRACTICE IN LEG THROWS

Understanding the advantage of learning to control your balance — of increasing your power through assuming the position of defense — and how to render useless the strength of your opponent by unbalancing; we are now ready to master the important knowledge of the correct use of the feet and legs.

Illustration No. 4

Much of your power both as a means of defense and attack is largely controlled by the correct use of your feet. It is, therefore, essential, that you learn to use your feet with as much confidence as you would your hands.

FRONT LEG THROW

Start from your usual position, grasp your partner's right wrist with you turn your entire body to the right so that you are both facing the same way. Step in front of him with your left foot and place your left forward over your leg by pulling hard on his right arm. (See illustration No. 4.)

On many occasions this throw will be used by violently swinging your foot back and sweeping his feet from under him. Be sure and practice this from both right and left sides.

BACK LEG THROW

Stand facing your partner. Grasp his right wrist with your left hand. (See illustration No. 5.) Step back, pulling him so as to make him step forward with the right foot. Quickly place your

Illustration No. 5

right foot behind his right and your arm around his waist; throw him backward over your leg. (See illustration No. 6.) Also have your partner stand in an offguard position with his feet close together and execute the same throw by omitting to pull him forward. Reverse this practice by making the on your partner's left throw side.

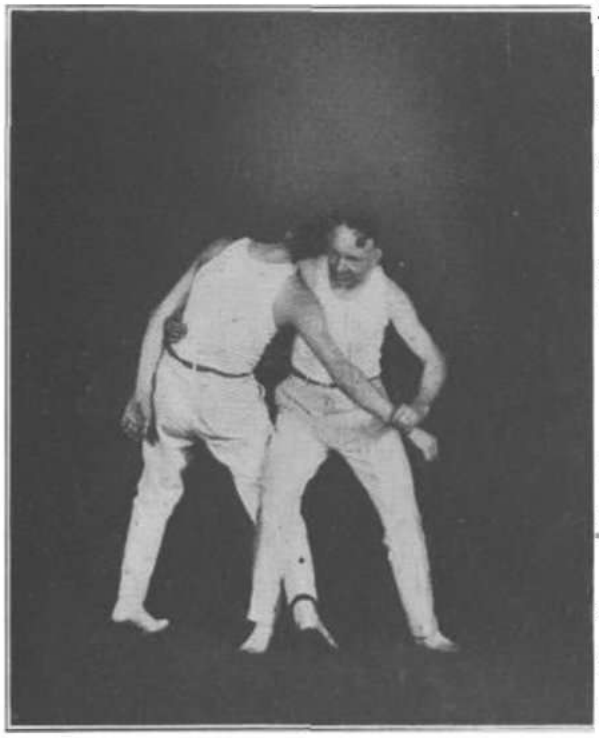


Illustration No. 6

ACK HEEL

The back heel is the most valuable method by which a throw can be made with the feet.

Face your partner in the usual manner and grasp each others arms at the shoulders; suddenly place your left hand under his right elbow and unbalance him by pulling to your right side with the right hand and shove up on his elbow with your left hand. Swing your right foot violently striking your partner back of the knee joint with your heel. (See illustration No. 7.) This will cause him to fall backward. Now reverse this entire position and use the left foot to back heel.

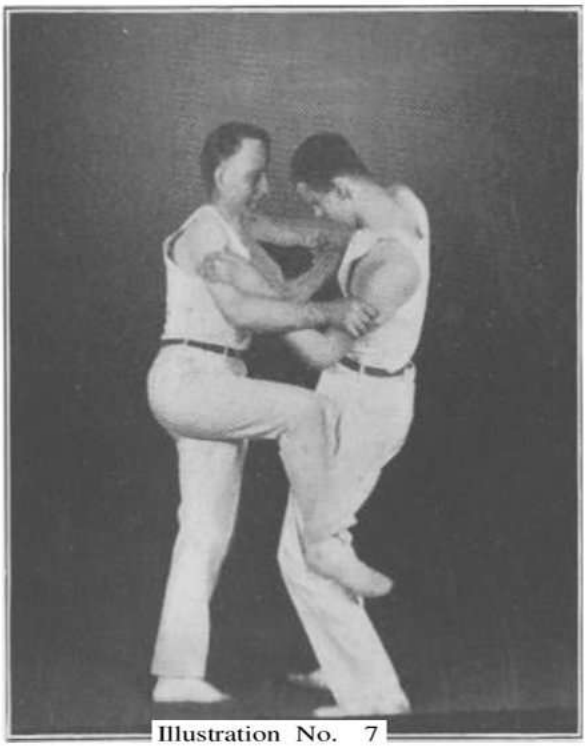


Illustration No. 7

Lesson No. 2 is just preliminary practice of the leg throws, and should not be confused with the regular work. When instructed to follow with the front leg throw or back heel, you should utilize only the part as executed with the feet.

PART I —LESSON No. 3

Illustration No. 8

BREAKING OPPONENT'S HOLD ON YOUR WRIST

Have your partner grasp your wrists. Turn your forearm so that the thin edge of your wrist (thumb side) faces the opening between his thumb and first finger. This opening is the weakest point of his grip. Bring your elbows in close to your stomach so as to use the full power of the abdominal muscles.

Whip your hands up and out; this will break his hold. (See illustration No. 8.)

BREAKING HOLD ON WRIST BY USE OF FULCRUM

Twist arm till thin edge of your wrist is toward the opening between his thumb and fingers.

Pry your wrist out of his grip by tensing your arm and pushing your elbow around to his elbow, using the edge of his hand as a fulcrum for a leverage.

Swing toward him so as to use the force of your body back of your arm. (See illustration No. 9.)

Illustration No. 9

PART II — LESSON No. 1 SIDE ARM TWIST AND BACK HEEL

Having mastered the rudimental instructions which demonstrate the methods of unbalancing your opponent and of concentrating your own strength you are ready to practice the locks, throws and breaks of American Jiu Jitsu. Take first the side arm twist and back heel, which will readily show the advantage of combining rapid thought and action — of unbalancing and concentrating your strength.

niustration No. 10

Have your partner reach as though to seize you around the waist, and as he does so, firmly grasp his thumb, with your fingers to the palm of his hand. (See illustration No. 10.) Step back as described in position of defence and at the same time re-enforce your left hand with your right by firmly grasping the other side of his hand.

Take away his strength by unbalancing, and by twisting the arm you can inflict much punishment. You are now in position to throw right heel quickly against the back of the knee joint of his left leg. (See illustration No. 1 1 .)

Illustration No. 1 1

Practice this a few times until you have thoroughly mastered the principle of unbalancing, of punishing with the arm twist and using the back heel. After he is down you can continue to punish by bending the wrist and twisting the arm as in Illustration No. 1 2. In practice care should be taken not to back heel your partner too hard, as this controls the force of the fall. Reverse this grasping your partner's left hand with your right.

*

Be sure to practice this on each other so that you can better understand the full effect.

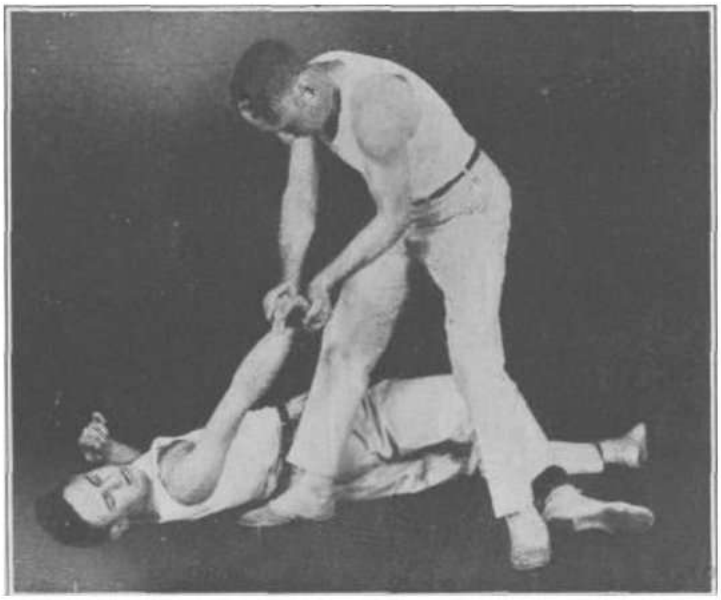


Illustration No. 12

PART II —LESSON No. 2

CROSS ARM BREAK AND BACK THROW

This trick of defence can always be used regardless of the strength of your opponent, and is excellent training in combining rapid thought and action. After you learn to execute this trick successfully you will realize the subtle power of having a clear plan of action.

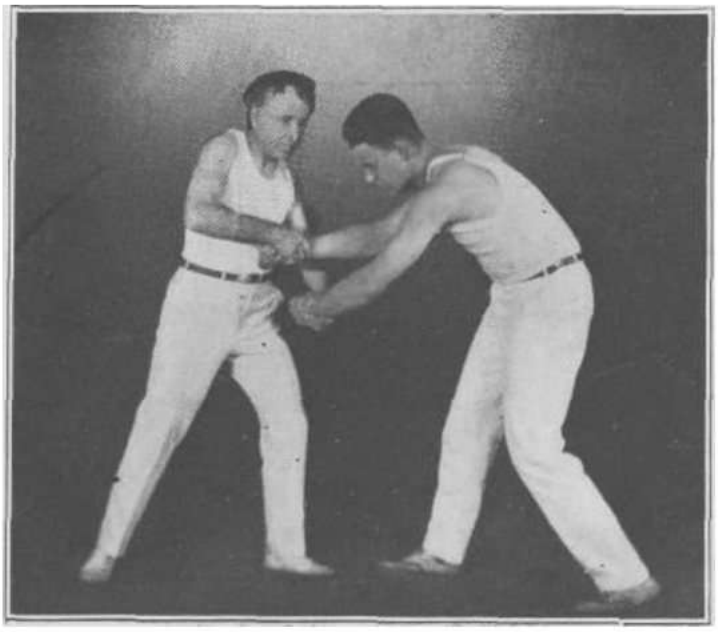


Illustration No. 13

Have your partner reach to seize you around the body. Step back with your right foot, lean forward an d draw in the stomach. Cross your arms, right over left, and grasp your partner's wrists. (See illustration No. 13.) Suddenly pull his arms to a cross position so that his

right arm at elbow rests up far as possible on his other arm with the right palm turned up. You are now in position to inflict great punishment; and should the occasion demand, you can break the arm by forcing down with your right hand and pulling up with your left.

side of your body. In this way you can use the hip as a leverage. (See illustration No. 14.) You may throw him by striking his left leg back of the knee joint with the heel of your right foot. Using the back heel while he is off balance will cause a violent throw.

Illustration No. 14

To continue to inflict punishment after he is down, quickly reverse your grip on his left wrist. This will enable you to wrench his arms by pulling up with your right arm and forcing down with your left. (See illustration No. !5.)

Reverse this practice by crossing your arms left over right and back heeling with the left foot.

Illustration No. 15

PART II — LESSON No. *3*

OVERPOWERING OPPONENT BY USE OF HIS COAT

There are many occasions when it is desirable to quickly overpower one without the use of any punishment whatsoever. While there are many methods which will bring this about, this is easily the most simple and effective should your opponent have on a coat of any style. A woman of normal strength will not have the least difficulty in executing this trick on a powerful man.

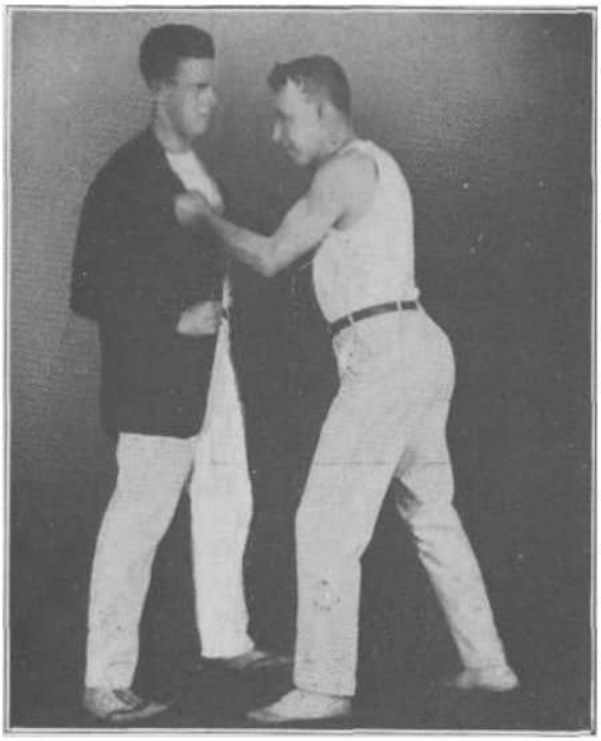


illustration No. 16

Have your partner face you in the usual manner. Quickly grasp the lapels of his coat. (See illus tration No. 16). Jerk up and over shoulders and then bring it down until it is just above the elbo 1 7.) You can easily pin his arms of his coat plus your own efforts leave him absolutely in your power.

You have now not only placed him at your mercy but are in posi tion to make a back throw. Force him off balance by pushing against his chest with your shoulder and place your right foot behind his right and throw backward. When he falls turn him so the weight of his body rests on his left arm and in this manner you can easily hold him with one hand and inflict punishment with the other if so

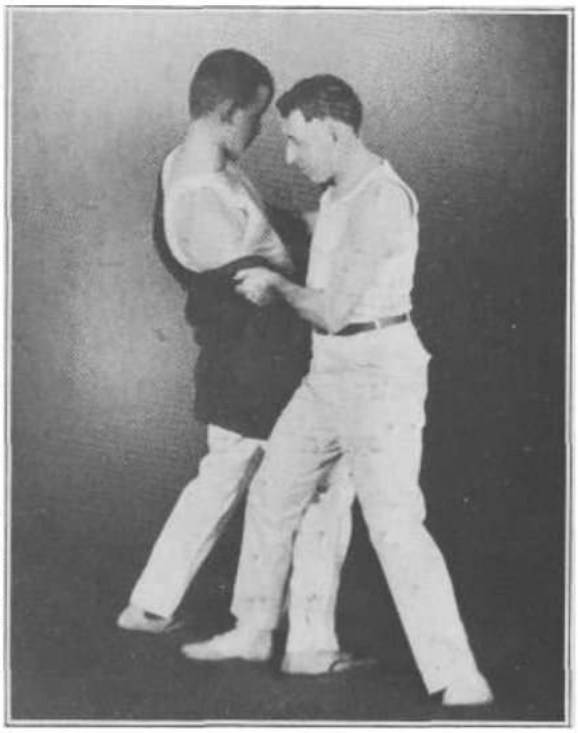


illustration No. 17

desired. (See illustration No. 18.) Practice this trick by unbalancing from the opposite side and make the back throw with the left foot.

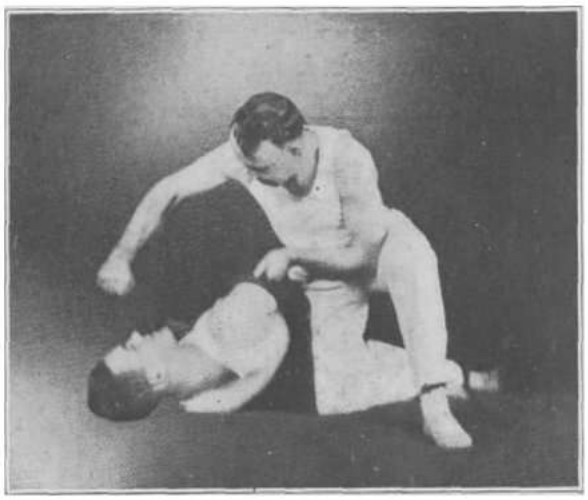
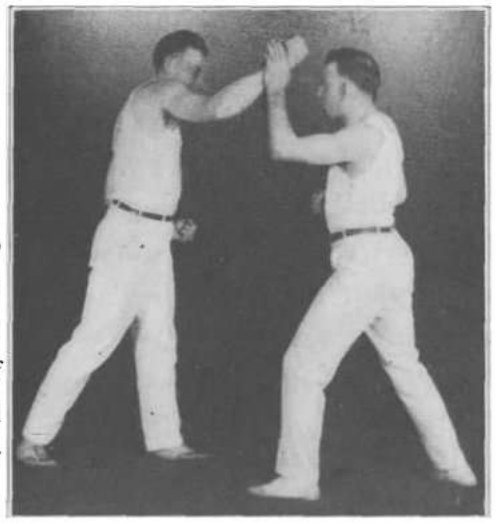


Illustration No. 18

PART II —LESSON No. 4

DEFENSE FOR BLOW AT HEAD—ARM LOCK AND BACK THROW

This trick is quite easy to accomplish and very effective in counteracting a blow at the head, as invariably when an assailant attacks you with his fist he is naturally prepared for a counter attack of the body when in the act of delivering a blow renders him easily unbalanced and makes it practically impossible for him to prevent being thrown.



Illustratign NQ. 19

Have your partner attempt to deliver a blow at your head with his right arm, striking out straight from the shoulder. Take position of defense and with your left hand strike his arm up and over your right shoulder. (See illustration No. 19.) When palm-

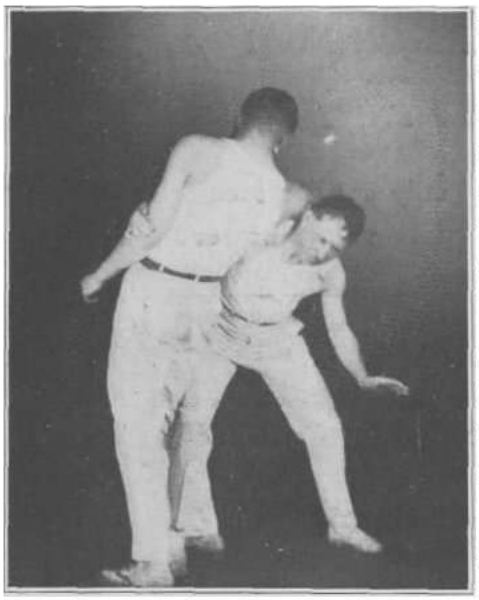


Illustration No. 20

ing up the blow keep your hand as wide open as possible and the arm well bent; this will give you ample room to catch the blow and sufficient strength to guard. Bend the knees and step back of your opponent, placing your right leg behind his right and lock his left arm firmly against his side with your right. (See illustration No. 20.) Follow with the back throw. Practice palming the blow with both right and left hands, catching your opponent's arm between wrist and elbow. It is well to keep the body bent forward, as this greatly increases your power to stop his blow and make the throw.

PART III —LESSON No. 1

BACK WRIST TWIST

This is of much value as it is not only easy to secure but there are many occasions for its use. The main value, however, lies in the much punishment to your adversary without danger of a counter attack.

Have your partner reach for any part of your body with his left hand. With your right hand grasp his left over the thumb with your thumb to the back of his hand. Re-enforce your grip by also grasping with left hand and bring his arm to a vertical position. (See illustration No. 2 1 .) Place your thumbs below the knuckles of his hand on each side of the middle bone. Grip tightly

Illustration No. 2 1

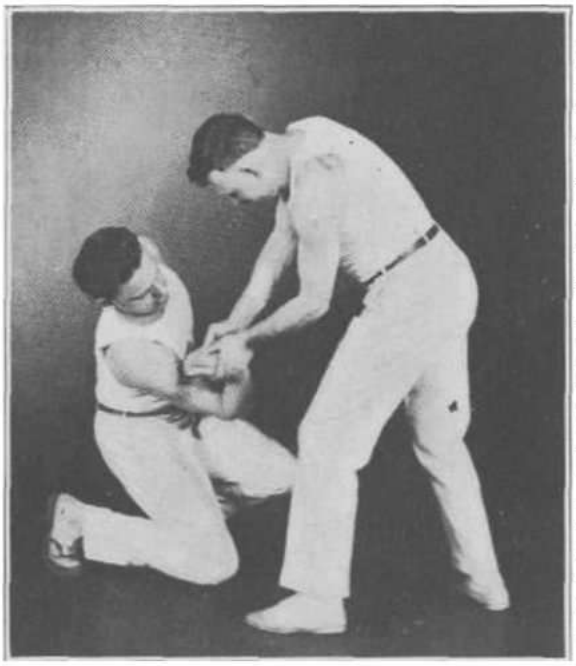


Illustration No. 22

and force the thumbs into the nerves and bend the hand down toward the forearm. In this position the pain is great when sufficient force is applied and your opponent is easily forced to the ground where the punishment can be continued. (See illustration No. 22.) Practice this trick many times as in this way the knack of punishing will become manifest and will greatly increase your confidence in the ability to defend yourself. Practice this on both the right and left hand.

PART III — LESSON No. 2

OVERCOMING REAR STRANGLE

This trick not only teaches you to overcome an attack from behind vantage of having a method to regain your balance.

An attack of this kind is usually made by throwing an arm firmly around the victim's throat, chocking him to prevent an outcry and at the same time pulling him back off balance.

Have your partner stand behind you and place his arm around your neck, then pull you back until you are unbalanced. (See illustration No. 23.) Grasp his elbow firmly with your right

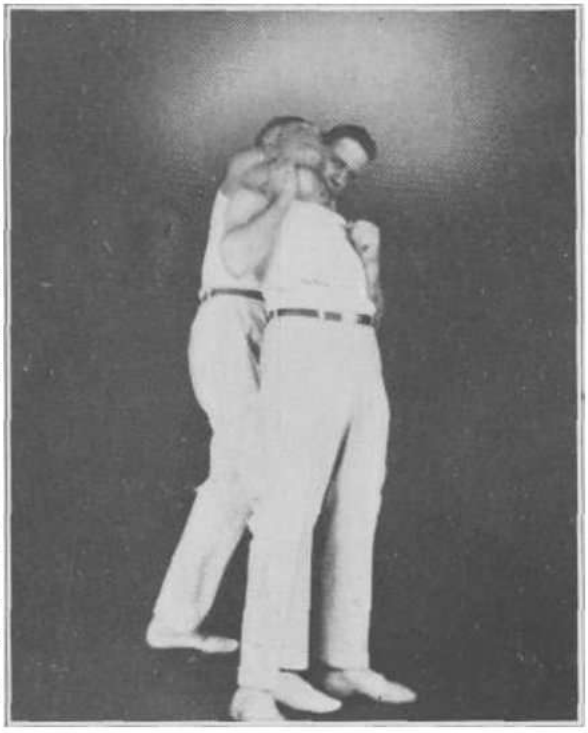


Illustration No. 23

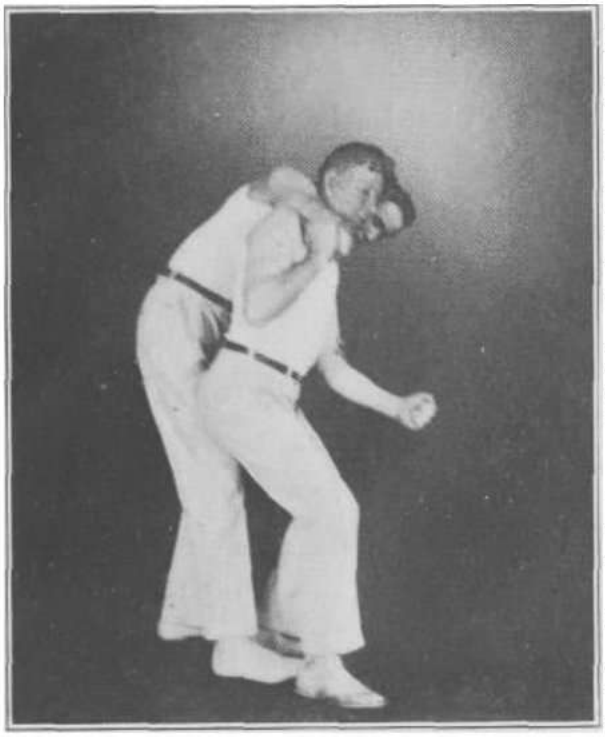


Illustration No. 24

hand and suddenly bend your knees. You will thus immediately regain your balance. (See illustration No. 24.) Continue your hold on his arm and bend forward with a jerk; then throw him over your head. (See illustration No. 25.)

Practice the first part of this hold numerous times, as in this way you will quickly discover the ease with which you can regain your balance. You will also find that pulling down with your right

hand on his arm will

lieve the pressure on your neck. This practice will also help you to retain your presence of mind in an emergency.

Illustration No. 25

PART III —LESSON No. 3

STOPPING ATTACK AT BODY—FORWARD THROW AND ARM BREAK

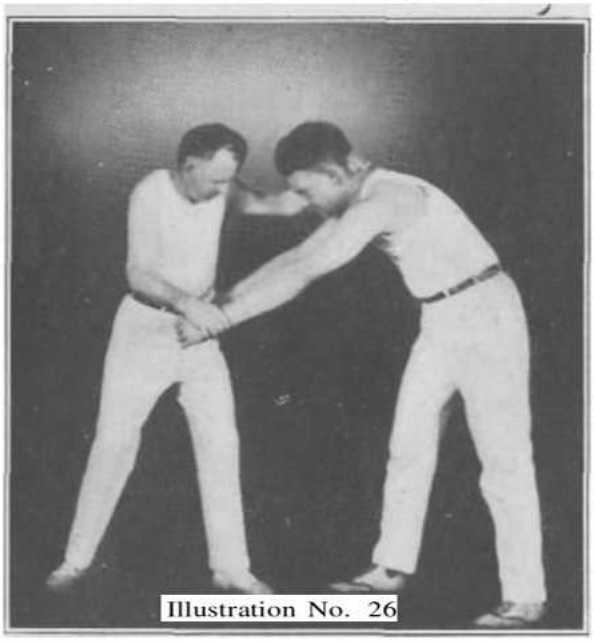


Illustration No. 26

You will find this trick of much

your body with both hands and is carrying his body bent forward.

As he reaches to seize you around the waist, grasp his left wrist with your right hand and hold it out from your body so that he will be unable to get his hands together. Pull hard on his left hand and encircle his neck with your left arm. (See illustration No. 26.) Quickly face

about to your right and throw him over your hip. (See illustration No. 27.) After making the throw do not let loose of his wrist but continue to hold firmly and draw your left leg up so you can pull his right arm over it. Keep the palm of his hand up and by forcing down you can inflict much punishment and should you desire break his arm at the elbow. (See illustration No. 28.)

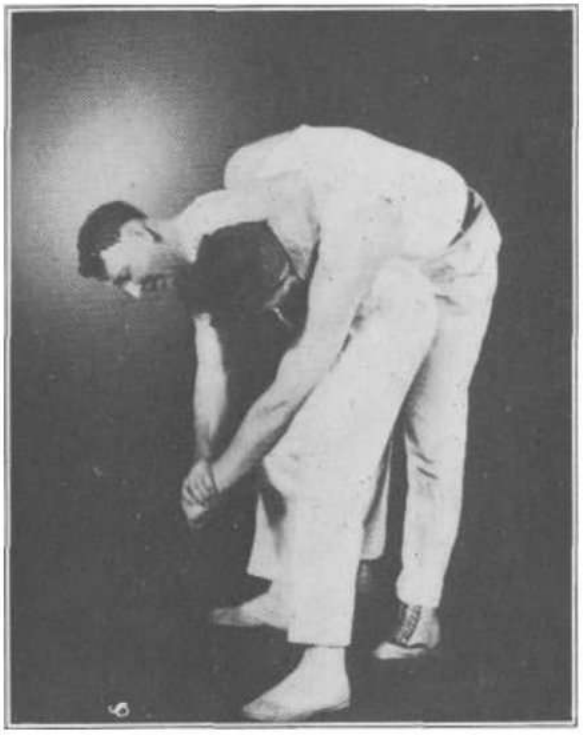


Illustration No. 27

Illustration No. 28

PART III — LESSON No. 4 LOCKING BOTH HANDS IN REAR—THROW OVER KNEE

This trick will be found not only valuable as a means of bringing others under control, but the practice will be most beneficial in training

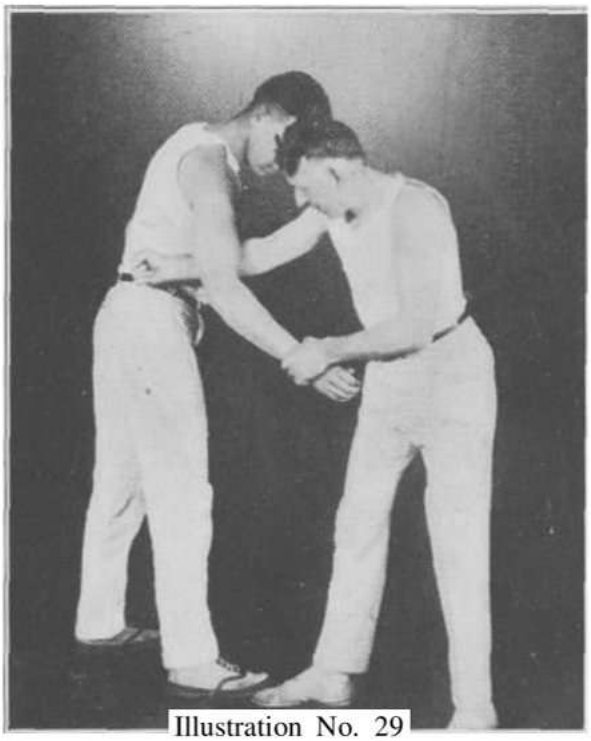


Illustration No. 29

Stand in your usual position and grasp your partner's right wrist with your left hand. (See illustration No. 29.) Quickly pull him forward and place your right arm under his left; lock it at the elbow and at the same time let loose with the right hand. Step behind him with your right foot and with your left hand reach through and grasp his left arm at wrist. (See illustration No. 30.) Force his arm back until you can grasp it with your right hand. You now have both of his arms locked securely. (See illustration No. 31.) Drop to your left

Illustration No. 30

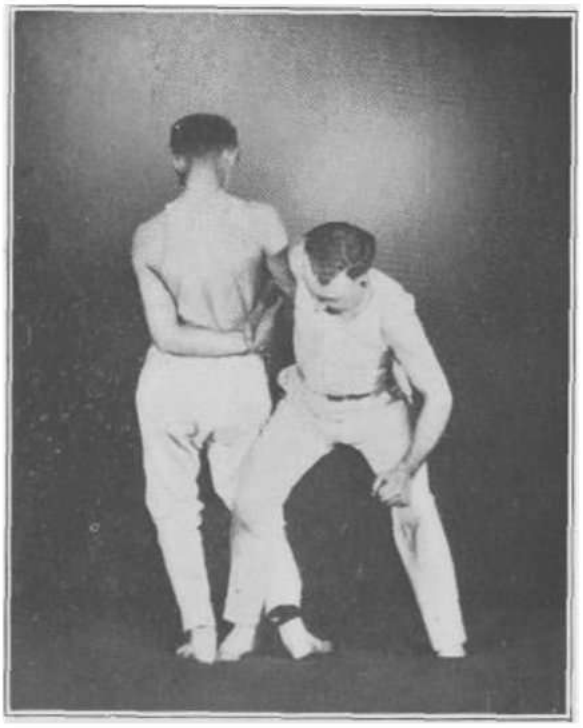


Illustration No. 31

knee and throw him back over your right. (See illustration No. 32.) Practice this from both right and left sides, as it is excellent training in acquiring ability to shift the body.

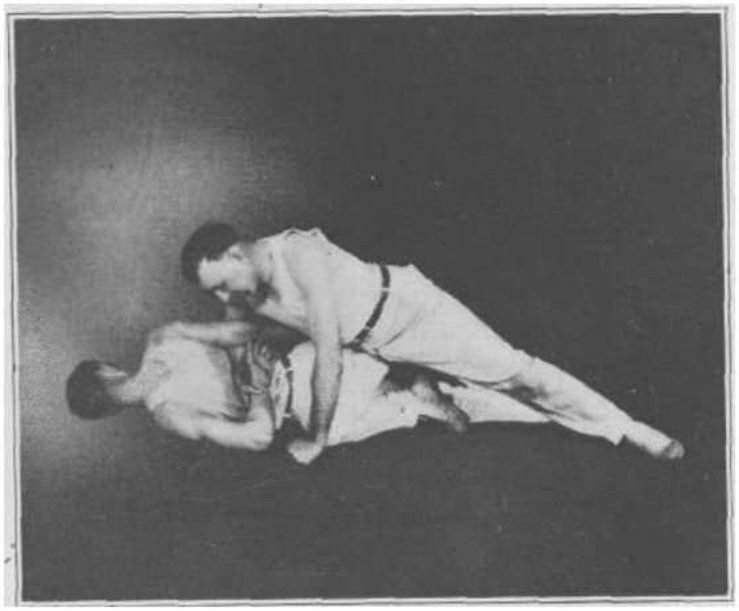


Illustration No. 32

PART IV —LESSON No. 1

It is often possible for you to anticipate the form of attack your opponent is about to make; or frequently the position you assume will induce an attack for which you are prepared.

Keeping your elbows close to the body and the hands slightly lowered will usually cause an attack at the head or throat. Elbows raised from your side with the hands carried high would change the attack to the body. Extending one arm forward slightly bent will often induce your opponent to grasp your wrist. Experimenting along this line you will find it is frequently possible to induce others to make the attack or do the thing that will place them in a position that will immediately give you the advantage.

PART IV —LESSON No. 2

BREAKING HOLD ON WRIST —ARM LOCK AND BACK THROW

This trick not only demonstrates the principle of the preceding lesson but is exceptionally good practice in retaining your own balance, in executing a quick throw.

Face your partner and assume position of defense with your right arm slightly forward and bent just a little to his right side. (See illustration No. 33.) When he firmly seizes your wrist with his right hand pull him toward you off balance, bending your forearm to your chest so as to utilize your stronger muscles. Now suddenly force your hand up and over to the right describing

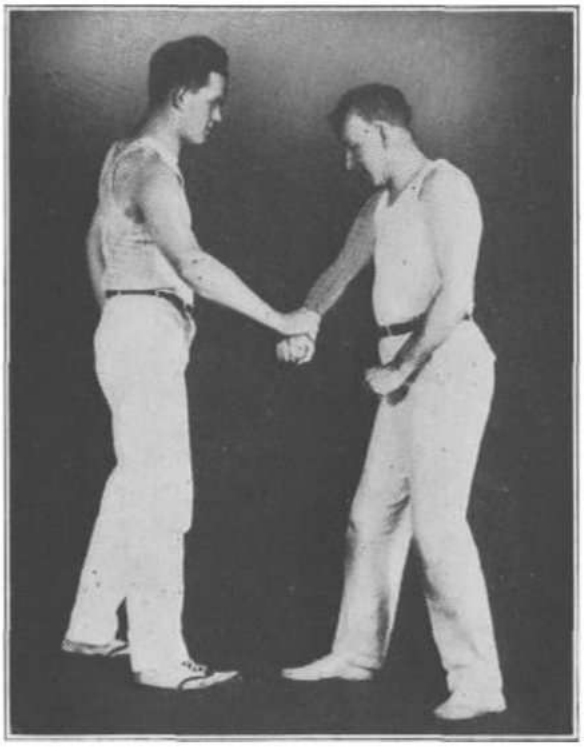


Illustration No. 33

a small circle. This will break his grip on your wrist. Quickly slip your arm inside of his and lock his elbow; at the same time step behind him with your right foot and bring him down with the leg throw. (See illustration No. 34.) Keep your body well forward as this will aid you greatly in using this trick.

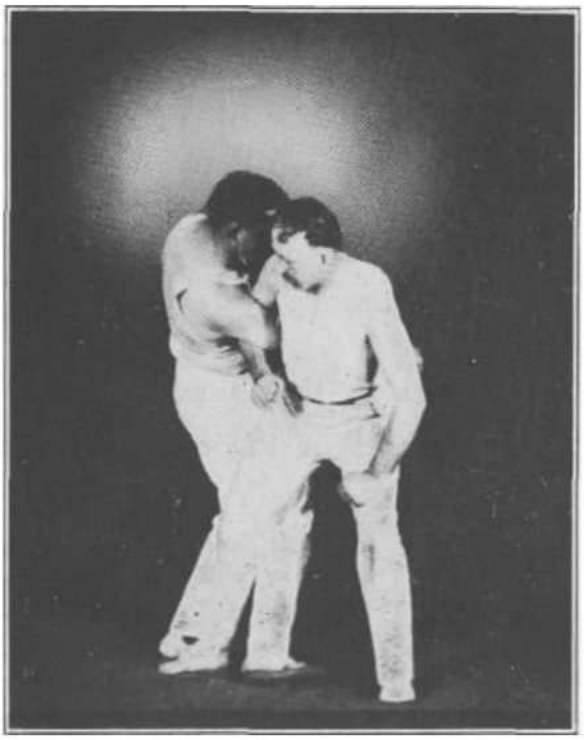


Illustration No. 34

Practice until you are capable of doing it with much rapidity, as speed is quite an essential factor.

PART IV —LESSON No. *3* WRIST

LOCK AND BACK HEEL FROM CLINCH

A contest frequently will come to a clinch position where your opponent will have one or possibly both of his hands on your shoulders.

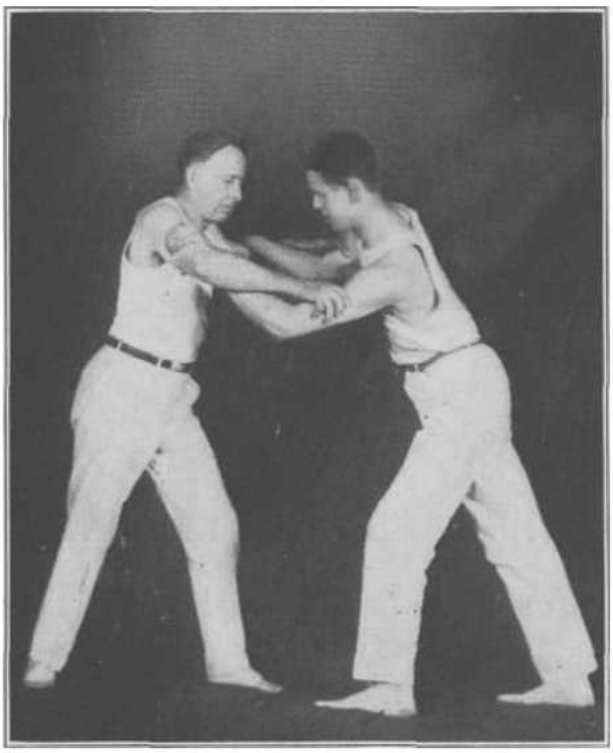


Illustration No. 35

trick you can easily throw your assailant in such a manner as to cause the back of his head to strike the ground violently.

As your opponent grasps your arms just above the elbows, quickly form a lock on the fingers of his left hand (see illustration No. 35) by drawing your right forearm across your chest. (See illustration No. 36.) Lean forward and bend slightly at the knees, in this way you can punish him by bending back the hand and the wrist. Now bring your left hand inside his right and strike upward on the point of his chin with the palm of your hand. Back heel with your right foot.

Illustration No. 36

Should your opponent have his hands too far up on your shoulders, curl your wrists over his forearm and pull out until his hand reaches the joint of your elbow. Practice the wrist lock until you are able to take it securely and inflict punishment.

You can easily bring a man to his knees or down if he places his hands on your shoulder. (See illustration No. 37.)

Illustration No. 37

PART IV —LESSON No. 4 BRINGING A BIG MAN DOWN BY KNEE AND ANKLE WRENCH

A man never seems quite so large or dangerous when he is down and this is the surest and safest method of bringing him there. The old phrase "the bigger they come, the harder they fall" can well be applied when this trick is resorted to. Should you not be practicing on a mat it is well to utilize great care or else have a third party to catch the one who is falling. In this manner the trick can be practiced without danger. Have your partner reach as though to grasp you around the body. As he does so bring your arms inside of his (see illustration No. 38) and quickly drop to your left knee. Face to your right and firmly seize his ankle with both hands and hold it firm-

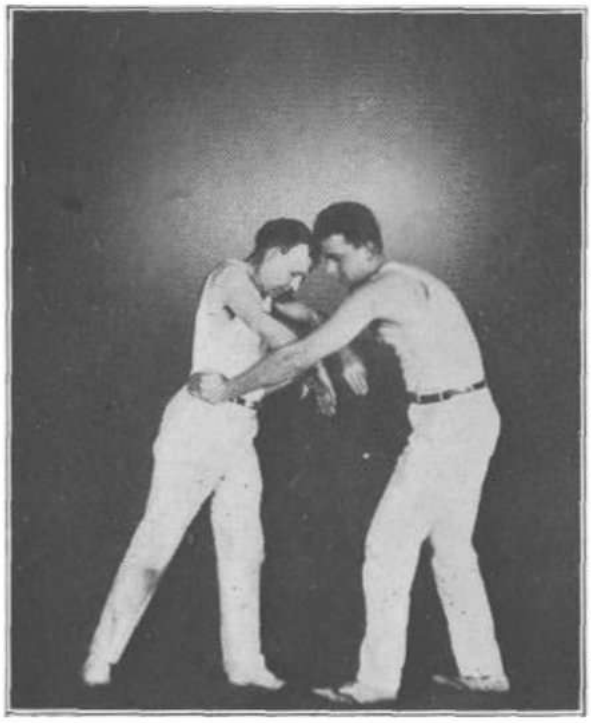


Illustration No. 38

ly to the floor. With your left shoulder strike his knee on the inside which will force him to fall to the left. (See illustration No. 39.) Immediately after making the throw place your knee on the calf of his left leg near the ankle. Grasp his toe and twist up. (See illustration No. 40.) The combined pressure of your knee on the nerves of the leg and the twisting of the ankle causes a pain that is almost unbearable. When this trick is executed you can not only throw your opponent, but you will have no trouble in keeping him down.

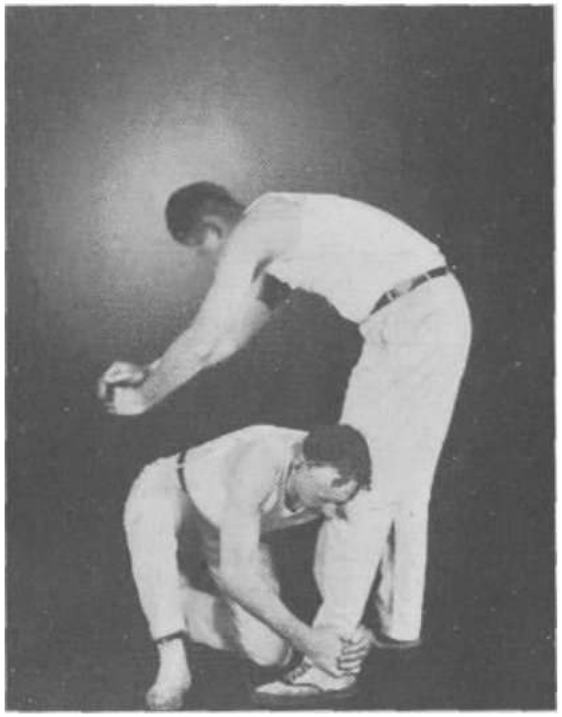


Illustration No. 39

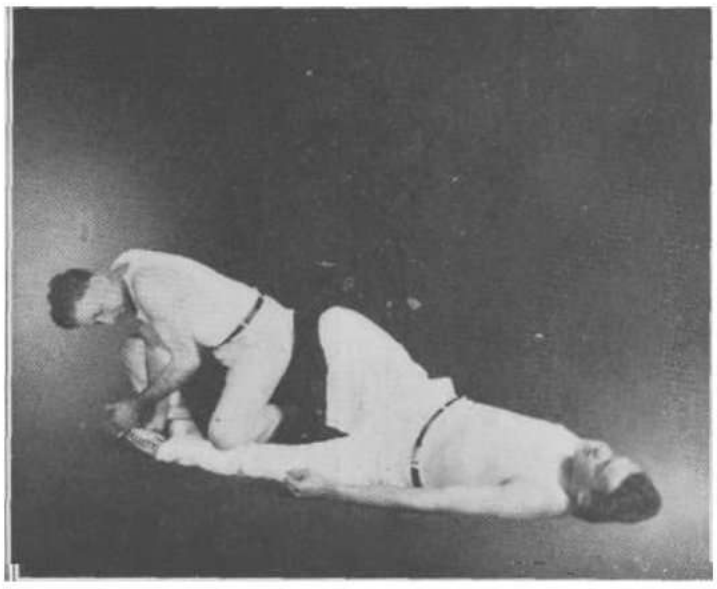


Illustration No. 40

PART V — LESSON No. 1 THE ARM BREAK — FLYING MARE

Illustration No. 4 I

This is a defense where you find yourself in a position to "treat 'em rough" should the occasion demand. There is nothing that should make an assailant realize his mistake in attacking you more than by suddenly meeting with a violent throw over your shoulder after you had broken his arm. The utmost care should be executed in practicing.

Stand in your usual position and have your partner extend his right arm as though striking a blow direct from his shoulder. Guard the blow by raising your left arm horizontally in front of the face. (See illustration No. 41 .) Grasp his wrist with your left hand, suddenly turn and draw his arm over your shoulder, reenforcing with your right hand, twisting his palm up. (See illustration No. 42.) You can easily break his arm over your shoulder and should you desire, throw him over your head.

Practice this trick from both the right and left sides.

Illustration No. 42

PART V — LESSON No. 2

FRONT THROW AND ARM BREAK

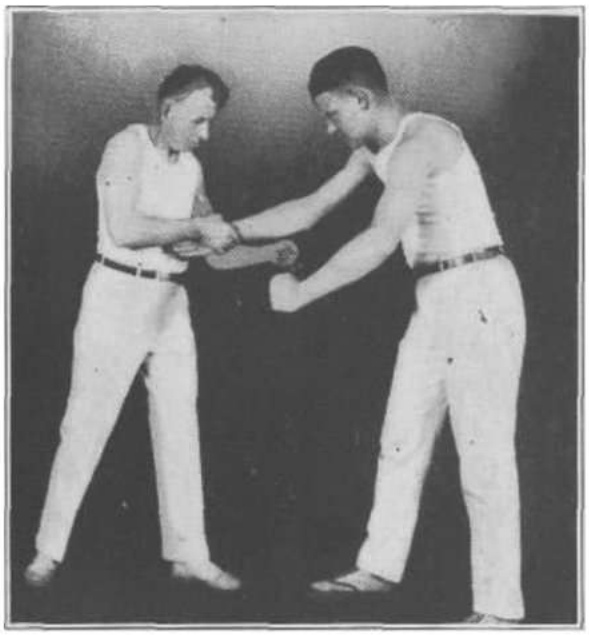


Illustration No. 43

Turn to the right about by pivoting on your left foot, so you are both facing the same way. (See illustration No. 44.) By pulling over and pressing down on his right arm, using the left arm as a fulcrum, you can easily unbalance him forward. Now swing your left foot back so as to throw him forward on his face. This front trip should be executed fast; as he falls, withdraw your left hand and place it around his body. Continue to hold his right hand, forcing his arm into a ham-

The following trick is excellent practice and will aid greatly your ability to think and act quickly in an emergency of either defense or attack.

As your partner reaches forward, grasp his right hand with your right as in a regular hand clasp. (See illustration No. 43.) Unbalance him slightly to the right by pulling forward; quickly slip your left arm under his right and place your hand on his chest.

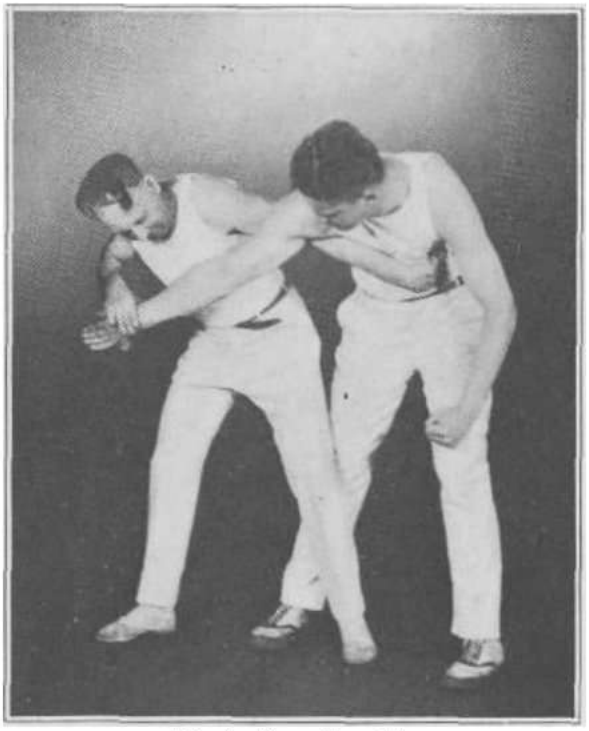


Illustration No. 44

mer lock position up his back. (See illustration No. 45.) force is applied, it is easy to dislocate or break the bones.

Whe

Illustration No. 45

PART V —LESSON No. 3

LOCKING TWO ARMS WITH ONE

When your assailant attempts to rush you off balance backward and tries to seize you around the body this trick will give you an excellent opportunity to overpower him. You will have no difficulty in securely locking both of his arms with one of yours which will leave the other free to administer punishment.

Have your partner take a few steps forward and reach in as though to seize you around the waist. Immediately step back your right foot and bend well forward so as to keep the stomach drawn in. This will prevent him getting his hands far enough around your waist to lock them. Break the hold of his right arm

Illustration No. 46

on your body by striking it at the elbow with your left hand, keeping the thumb and forefinger

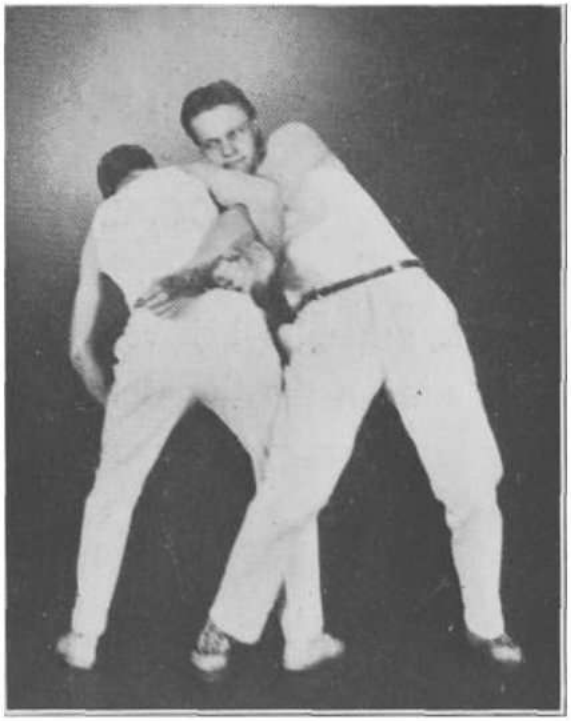


illustration No. 47

tion No. 46.) This blow should be directed down and over in the form of a chop so as to force his right arm over to the left. With your right arm firmly lock his left at the elbow and seize the elbow of his right arm with your hand, this gives you a firm lock on both of his arms. (See illustration No. 47.) Quickly place your foot behind his right leg; follow with the back throw. Continue holding his arms and he will be unable to defend himself. You may punish with your left hand. (See illustration No. 48.)

Illustration No. 48

PART V —LESSON No. 4

OVERCOMING ATTACK AT THROAT

It is generally believed that when a powerful person obtains a firm grip on the throat there is no opportunity for defense. This supposition is not only incorrect, but when such an attack is made the application of this trick will immediately make the victim the victor.

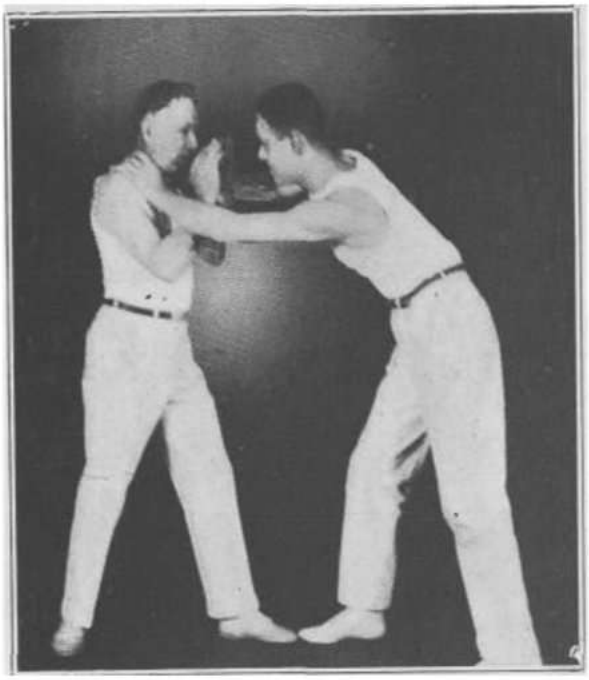


Illustration No. 49

When your partner grasps you around the throat as in the act of choking, bring your hands together, forming a wedge. (See illustration No. 49.) Shove them up through his arms until your elbows reach his. Force the elbows out; this will break the grip on your throat. Force down with your right arm encircling his left, firmly locking it at the elbow. Strike him with the heel of your left hand on the point of his chin and at the same time back heel with your right foot. (See illustration No. 50.) You will find that when this is executed rapidly your opponent will invariably fall

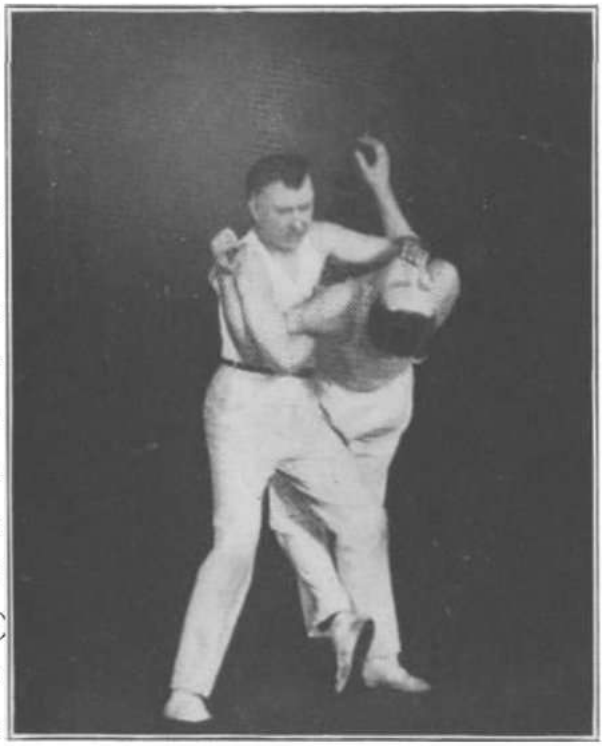


Illustration No. 50

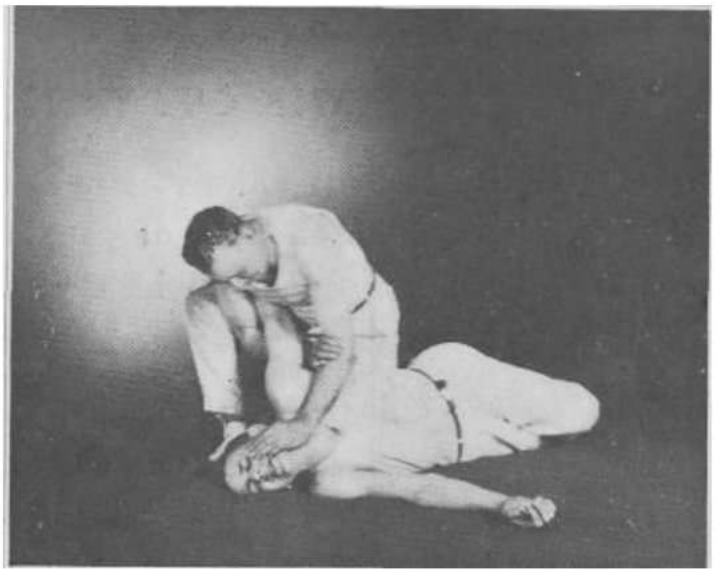


Illustration No. 51

on

the back of his head. (See illustration No. 5 1 .) This trick teaches you the advantage of utilizing a stronger set of muscles against a weaker. In the majority of cases a person attempts to break a grip on the throat by grasping the wrists and pulling hands from throat, which is impossible to accomplish when attacked by a strong person. A weak person will have little if any trouble breaking the grip on the throat in the manner described above.

PART VI — LESSON No. 1 BACK ARM TWIST — KNOCK OUT WITH KNEE

When this trick is fully mastered it will give you an effective hold that can be used regardless of the strength of your opponent, and one by which you can immediately render him unconscious.

Illustration No. 52

Lean forward and seize your partner's right hand with both your right and left, keeping as close as possible to him with your shoulder resting against his arm. (See illustration No. 52.) When he starts to grasp you with his left immediately step across with your right foot to his other side. Turn your back toward his body and slip under his arm. When doing th at the knees, keeping the arm well down. Great care should be taken to keep a firm grip on his hand so that it does not twist. (See illustration No. 53.) You can now secure a very punishing hold by twisting his arm up the back in the form of a hammer lock. Let loose with your left hand and slip it under his left arm so your hand will be on the back of his head in the form of a half nelson. It is now easy to

Illustration No. 53

bring his head down, and by quickly bringing up your knee so as to strike him on the point of the chin you can render him unconscious. (See illustration No. 54.)

Illustration No. 54

is be sure to stoop low and bend

PART VI — LESSON No. 2 BREAKING

OPPONENT'S HOLD AROUND WAIST

Should your opponent at any time succeed in securing a firm hold around your waist while in front of you, this hold can be quickly broken by use of the snap back or chin shove.

As he tightens his hold and attempt to bend you back, crouch as low as possible, throwing a strain on his grip, at the same time dig both your hands under his chin, palm out. With a quick jerk force his head back; this will break his hold on your body. Follow up your advantage by use of the back throw.

PART VI —LESSON No. *3*
THE AERO PICK UP

To throw your opponent is one thing, but to pick him up and then throw him over your shoulder is quite another proposition. This is not a feat of strength, but a trick that you can easily master, even though your opponent be greater in size. This trick will also teach you the principle of weight distribution which is highly essential.

Illustration No. 55

As your partner reaches to seize you, grasp his right wrist with your left hand and step slightly forward with the right foot. (See illustration No. 55.) Bend at the knees and keep the rest of the body fairly straight. Lower your head under his arm out of dan-Pull down hard on his arm so that the lower part of his abdomen will rest against your right (See illustration No. 56.) You are now in a position to pick him up by the shoulder, (See illustration No. 57.) Perhaps the first time you attempt to lift your partner, you will find that it requires considerable effort. This will be due to the fact that you have not forced his body far enough over your shoulder before attempting to lift and that you are bending at the waist instead of the knees. You can follow this by throwing him over your shoulder should you so

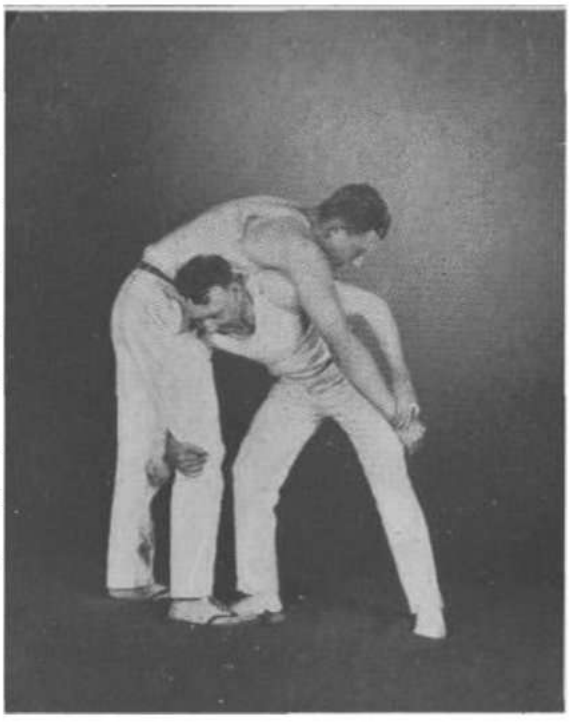


Illustration No. 56

Illustration

desire. Practice this trick frequently and you will soon get the knack of handling any one, regardless of size.

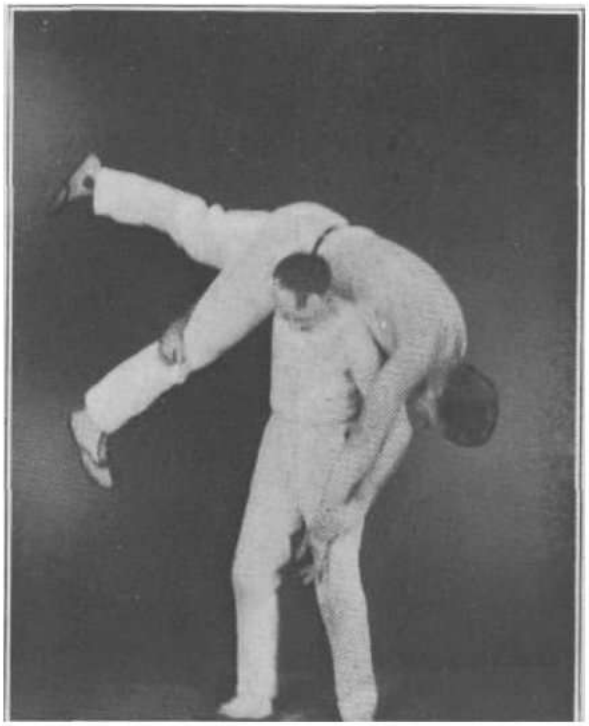
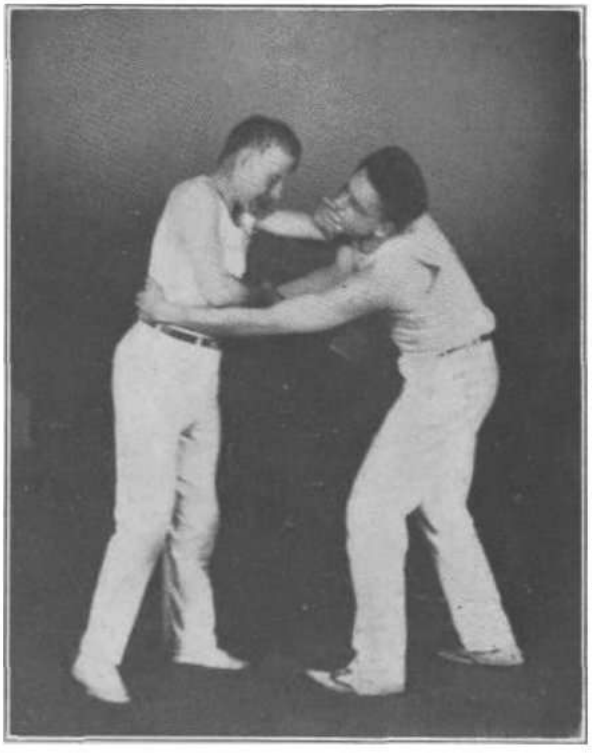


Illustration No. 57

PART VI —LESSON No. 4
THE PERSUADER

This trick is all that the name implies. No matter how obstinate



No. 58

As your partner reaches out, grasp his right hand with yours, pull him forward off balance and to your right. (See illustration No. 58.) Encircle his right arm with your left so that your left forearm is under his elbow. (See illustration No. 59.) Force down

hard on his hand and bend the wrist back. With your left arm force up. In this position you can break the arm at the elbow or punish in such a manner as to cause complete submission. (See illustration No. 60.) This trick

Illustration No. 59

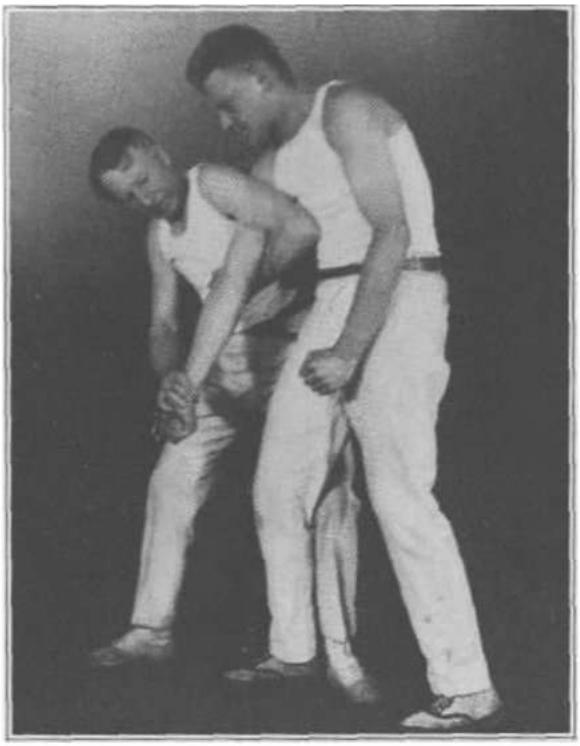


Illustration No. 60

can be successfully followed with the back throw which leaves you in an excellent position to continue to punish him or keep him under control. After you have made the back throw, retain a firm hold on both his elbow and hand. Let the weight or your arm rest on his body and break his arm at elbow over your forearm. (See illustration No. 61.)

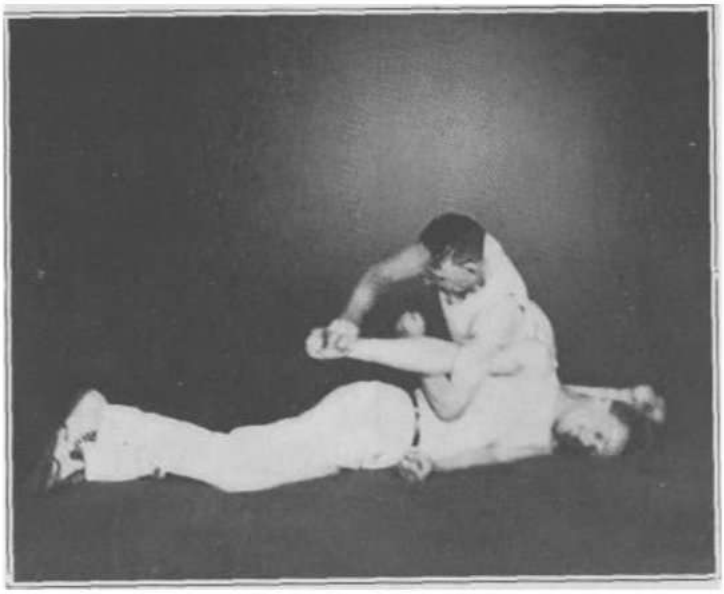


Illustration No. 61

PART VI — LESSON No. 5

GRAVITY SWING

Many victories are brought about by taking advantage of the unexpected. A simple trick quickly executed can be made most effective. The following lesson fully demonstrates this principle.

Have your partner stand facing you and grasp his right wrist with your left hand, suddenly jerk him toward you so as to carry him forward and off balance. With your right hand firmly grasp his right arm near the shoulder and step behind him *so* that your right foot is in back of his right. Force back with your right hand and pull hard with your left; at the same time swing your right foot backwards to make the throw. This will carry him backwards and down. (See illustration No. 62.)

Illustration No. 62

This trick should be executed with one complete swinging motion, as it is the momentum of your body combined with your own efforts that gives you the power to make this throw. When this trick is executed quickly a large or powerful person can easily be carried off balance and thrown so suddenly that they will hardly realize how it was brought about. Practice this from both the left and right sides.

PART VII —LESSON No. 1

DEFENSE AND COUNTER FOR RIGHT OR LEFT BLOW AT HEAD

While the use of your fist is not as effective as the locks and throws of this course, there may be occasions when you desire to retaliate in this manner. When the occasion arises you will have no trouble in knocking out your opponent by using the following method.

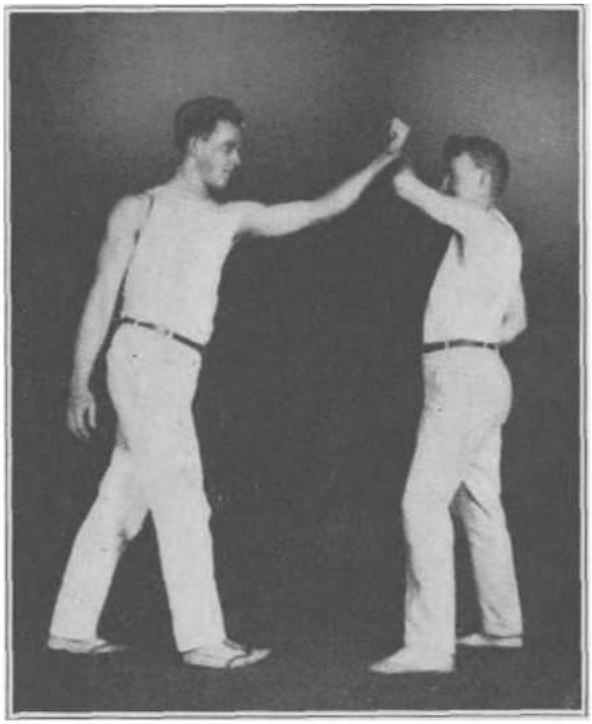
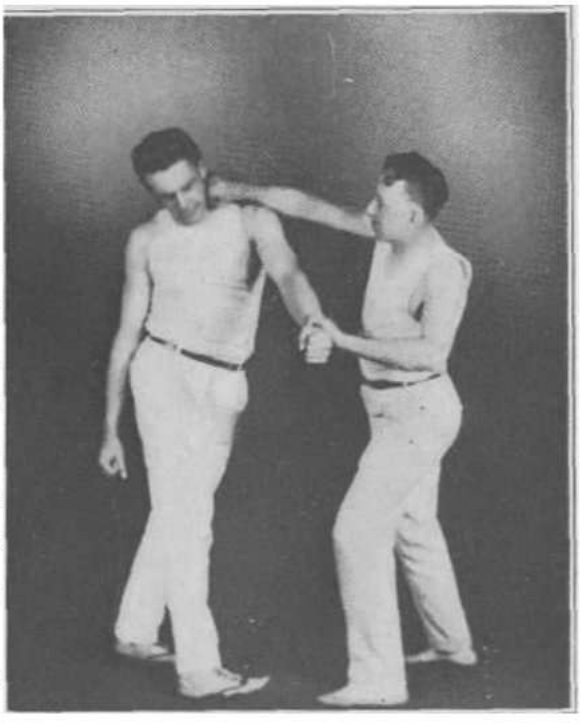


Illustration No. 63

Have your partner deliver a blow at your head with his right hand, striking straight out from his shoulder. Guard the blow with your left arm by bending the elbow and turning the palm out so you can easily carry the blow above your head. (See illustration No. 63.)

When you have stopped the force of his blow quickly slip your hand back and grasp his wrist. Immediately jerk him forward off balance and to your left side; with your right fist strike a blow directly at the angle of the jaw and the neck just below the ear. (See illustration No. 64.) This blow if well placed does not necessarily require much force, as this is one of the most vulnerable spots of the body. Also practice this by having your partner deliver a blow with his left hand and use your right to guard. You will find that it is impossible for your opponent to avoid your blow or to counter in any way.



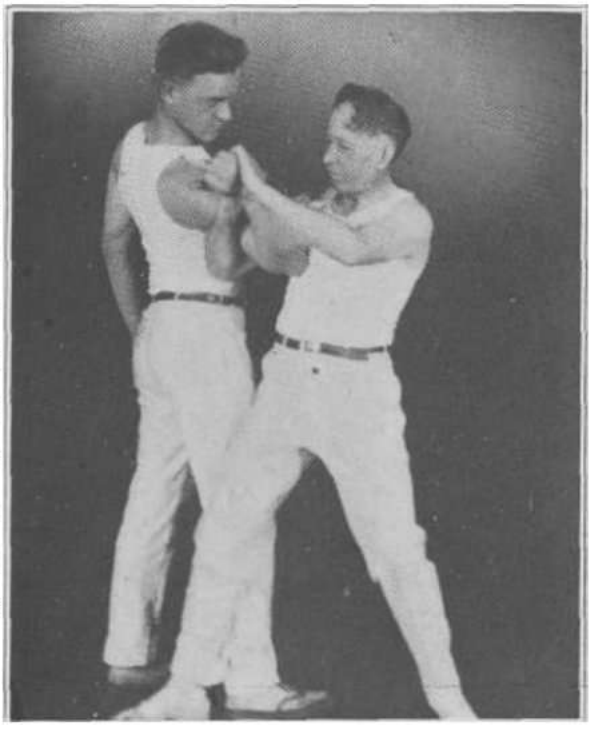
niustration No. 64

PART VII —LESSON No. 2
THE MASTER LOCK

The master lock is the surest way to overpower your assailant without any chance of receiving a counter attack. After you have once secured this lock you can hold your opponent for any length of time and punish him to whatever extent desired. This trick can be executed from either the right or the left side and regardless of the strength of your opponent he will be completely at your mercy.

illustration No. 65

Have your partner stand in front of you and firmly seize you around the back of the neck with his right hand. Lean forward until your head is close to his shoulder and with your left hand reach t thumb or one of his fingers. Force his hand from your neck toward his shoulder and reach under his right arm with your right hand, re-enforcing your left, so that your right arm is under his arm pit. (See illustration No. 65.) Keep a firm grip so that he can not straighten his arm and force down with your hands; at the same time force up a little with your right arm at elbow. This will cause intense pain and you can easily dislocate or break the arm. (See illustration No. 66.) Should you desire, you can follow this with



the back throw and continue the punishment. (See illustration No. 67.) Bend forward and keep to the outside in executing this trick and your opponent will be unable to counter with the other hand.

Illustration No. 67

PART VII — LESSON No. 3 HANG

LOCK OR FRONT STRANGLE

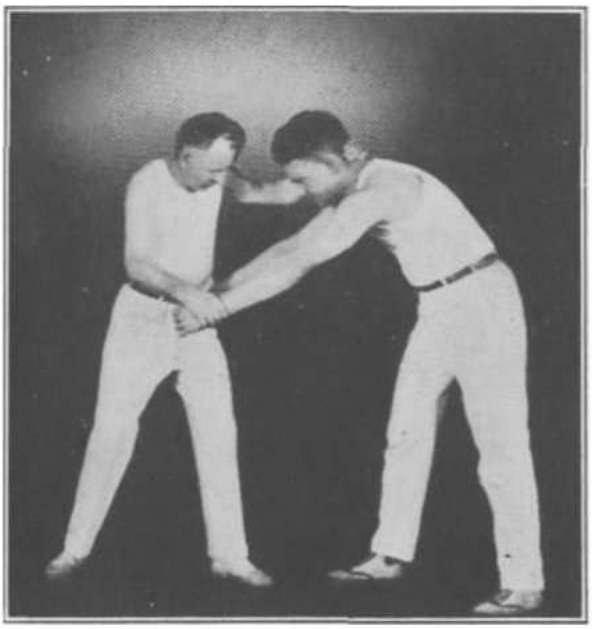


Illustration No. 68

This trick should be used only in case of necessity as it is easy to strangle your opponent until he is unconscious or possible to break his neck. Great care should be used in practicing.

When your partner attempts to seize you around the waist drop back to position of defense and place your right hand on the back of his neck and jerk his head forward. (See illustration No. 68.) Encircle his neck with your right

arm so that the upper edge of your forearm is firmly against his "Adam's apple." With your left hand seize his right and pull down to the left. Continue both of these holds and place your right foot behind his right and follow with the back throw. (See illustration No. 69.)

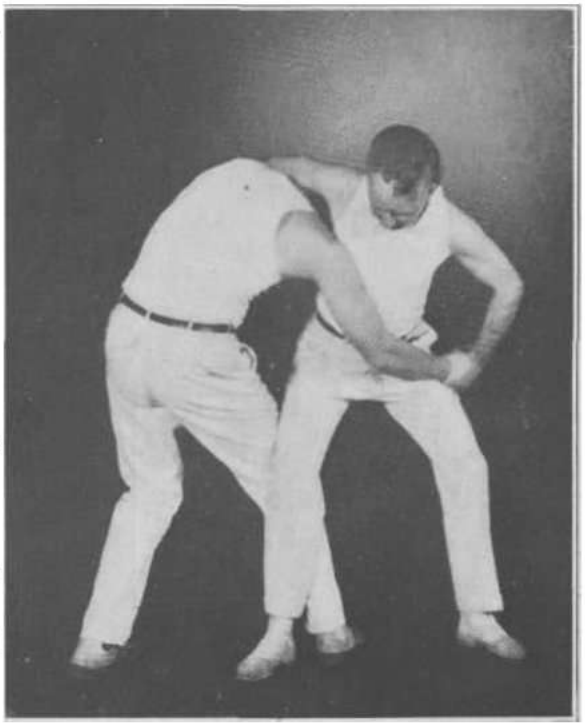


Illustration No. 69

As he falls, the pressure of your shoulder on the back of his head and your forearm on the front of his neck will not only strangle him but if forced sufficiently will cause dislocation. (See illustration No. 70.)

Illustration No. 70

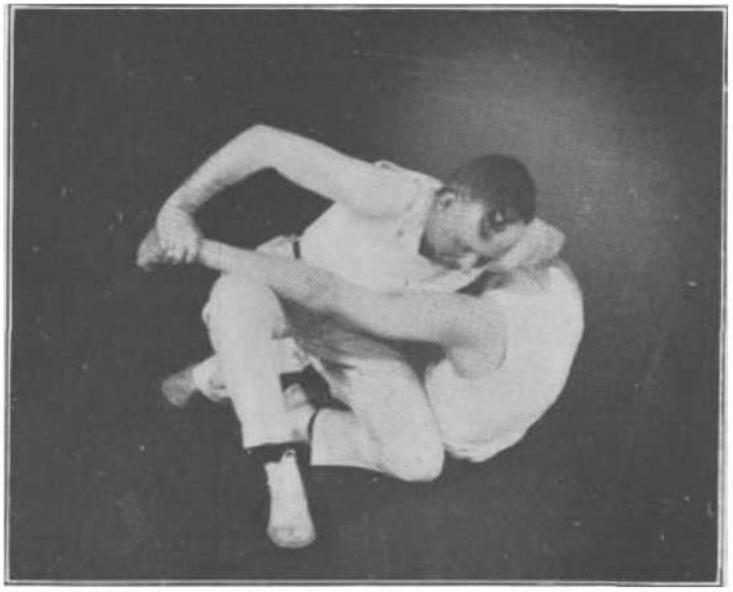
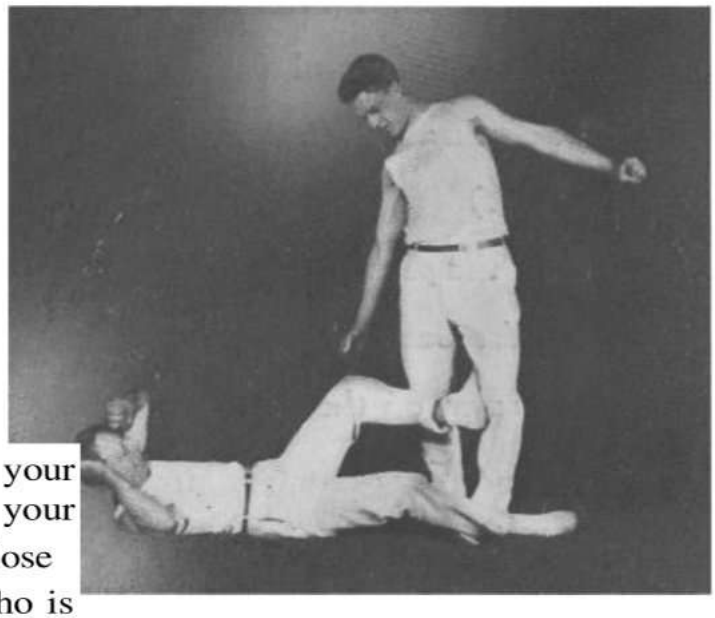


Illustration No. 71

right heel over his ankle and with your

PART VII — LESSON No. 4

PEDAL COMEBACK



Frequently an emergency arises that we do not expect. Should you suddenly fall or be knocked down when you are trying to protect yourself, you have still an opportunity to become the victor by the quick use of your feet.

Lie on your back with your body resting slightly on your right side with your feet close to those of your partner, who is standing. Suddenly hook your

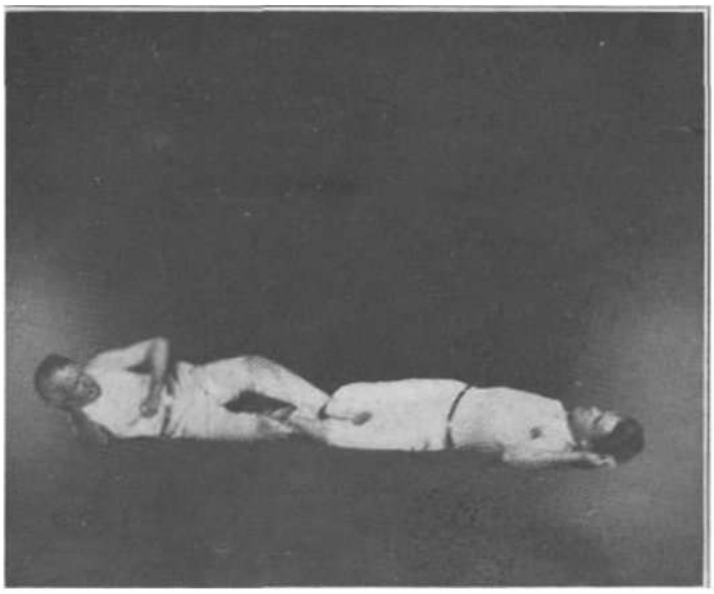


Illustration No. 72

ways strike the side of his knee. (See illustration No. 71.) This will not only cause him to fall but if executed with sufficient force will wrench the knee joint. See illustration No. 72.)

Practice this slowly should you not be practicing on a mat so that your partner will not be hurt in the fall.

PART VIII — LESSON No. 1

DEFENSE FOR KNIFE ATTACK

There are many that would rather face a gun than a knife, but if you retain your presence of mind in an emergency of this kind and you can easily vanquish your assailant. This trick teaches you to overcome a knife attack and enables you to do so with little or no chance of personal injury. Practice this thoroughly until you have trained yourself to such a degree that you can resort to it successfully under any circumstances as in an assault of this nature there is danger of being badly cut or fatally injured.

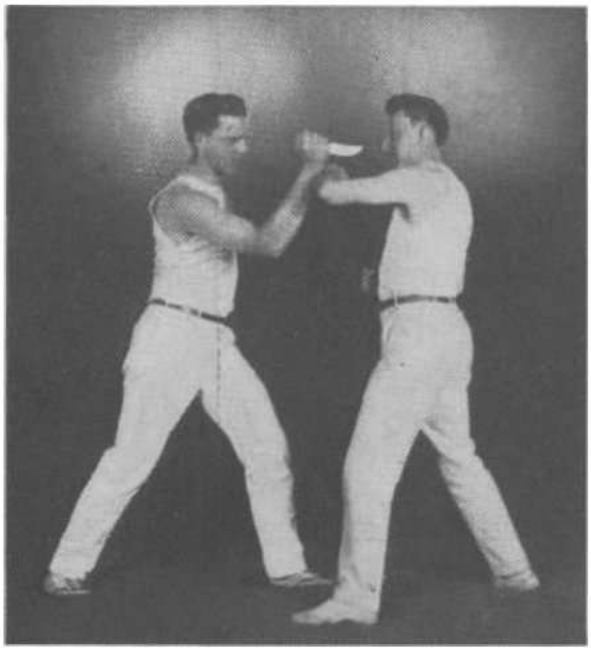


Illustration No. 73

When practicing this defense be sure to use an instrument that will prove harmless until you are thoroughly familiar with it. Have your partner make an overhand thrust as if to stab you, using his right hand. Meet his attack by leaning forward and stooping slightly at the knees. Bring at the elbow so as to strike his arm just above the wrist. (See illustration No. 73.) This will stop the blow from reaching you. Let your weight rest against his arm so as to force it back toward his head. Reach under with your right arm and grasp his wrist, keeping your arm close under his shoulder. With the combined force of both hands you will have no trouble in dislocating or breaking the bones of his shoulder and arm the same as in the Master Lock. (See illustration No. 74.) This ad-

vantage may be followed up by the use of the back throw and the punishment continued when he is down. (See illustration No. 75.) Practice this trick from both sides.

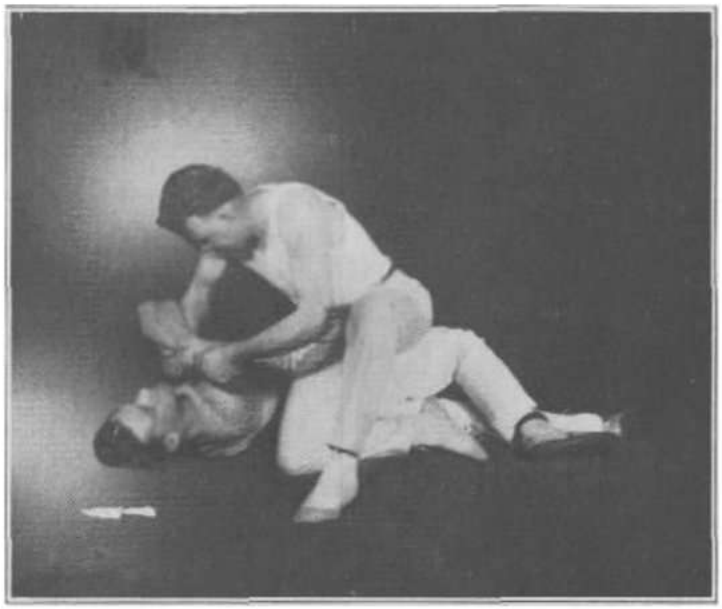


Illustration No. 75

PART VIII —LESSON No. 2

DEFENSE FOR KNIFE ATTACK — UNDER THRUST

It is generally conceded that an attack of this nature is most difficult to overcome; but with a little practice this can be executed with the same assurance of safety and success as characterizes the general principles of American Jiu Jitsu.

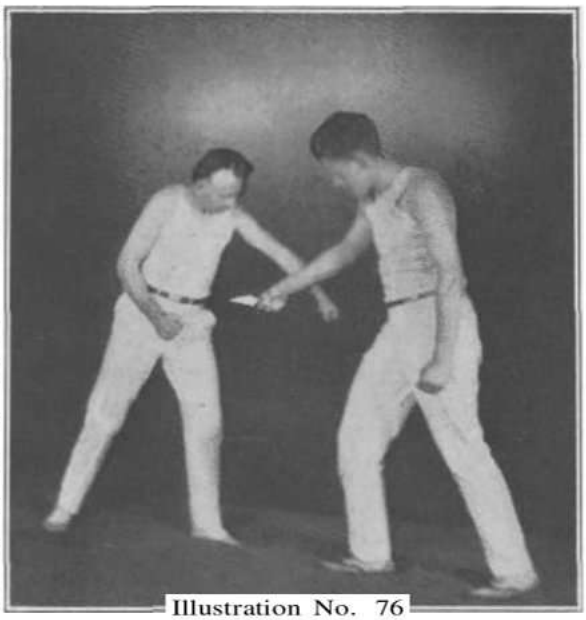


Illustration No. 76

Have your partner make an underhand thrust at the abdomen with his right hand. When he does so, lean forward by bending the waist and drawing the stomach as far back as possible. Slightly bend the left arm and keep it well tensed. Meet his

blow by striking his forearm carrying off the thrust to your right side. (See illustration No. 76.) Grasp his right wrist with your right hand and turn about so you are both facing the same way with your opponent to your left. Keep your left arm well up under his right with your hand firmly on his chest, and shove his right arm down over your left arm by forcing on his wrist. (See illustration No. 77.) Swing your left foot back as in the front trip, throwing him forward violently. When he falls retain your hold on his right wrist and pull his arm back to a hammer lock. (See illustration No. 78.) From this there is no escape.

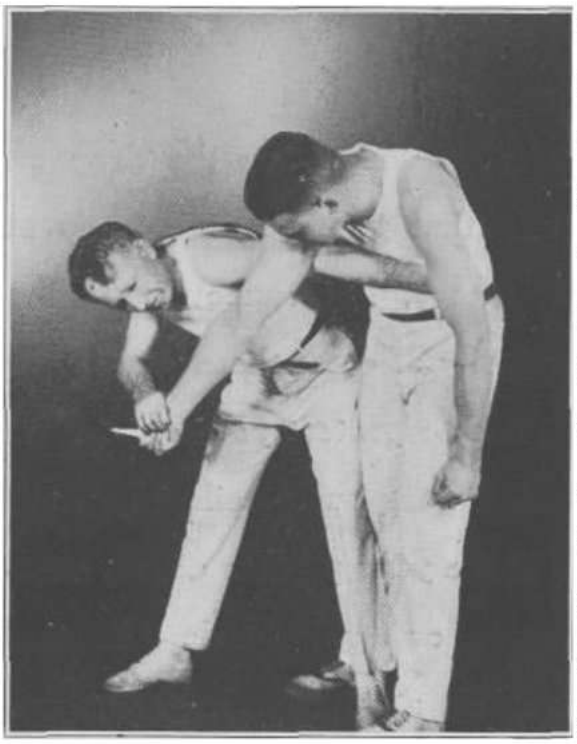


illustration NO.77

Illustration No. 78

PART VIII — LESSON No. 3

DEFENSE FOR GUN ATTACK

The common belief that when the other fellow has the drop on his mercy, is erroneous. In the majority of cases there is not only chance to protect yourself, but to overpower your assailant as well. Have your partner use an empty gun or any suitable substitute as in an attempt to hold you up. (See illustration No. 79.) His command to put your hands up is the psychological moment to begin your defense. You immediately comply with his request but in doing so you bend your right arm, bring it up in front of you with the palm turned out, striking his forearm. This will carry the gun out of range. (See illustration No. 80.) The moment you strike up shift to his right and grasp his right wrist. Turn your

Illustration No. 79

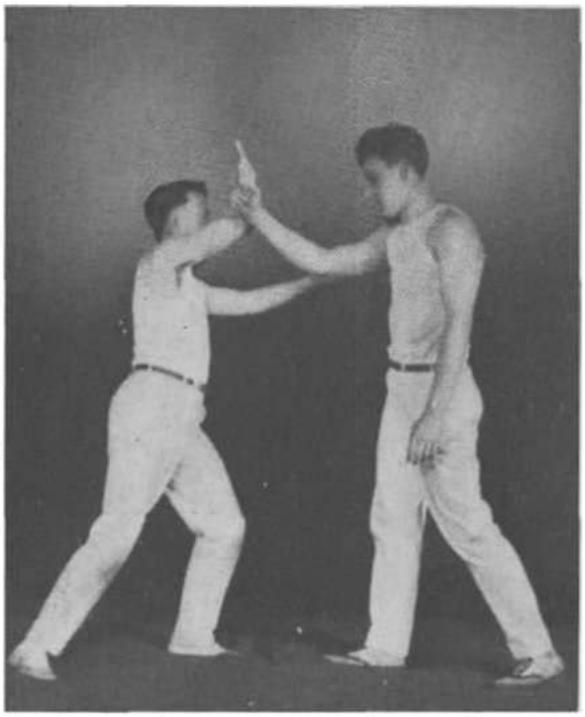


Illustration No. 80

body so that you are both facing the same way by pivoting on your left foot to the left of you. With your left hand grasp his right arm at elbow and force up. With your right hand bear down on

Illustration No. 81

his right so that you shove the gun against his stomach. (See illustration No. 81.) Continue to force the right arm in this manner, as it will cause considerable punishment, and follow with the front trip. When he falls force his hand up his back to a hammer lock; in this position you can easily hold and punish him, and, if you desire, break his arm. (See illustration No. 82.)

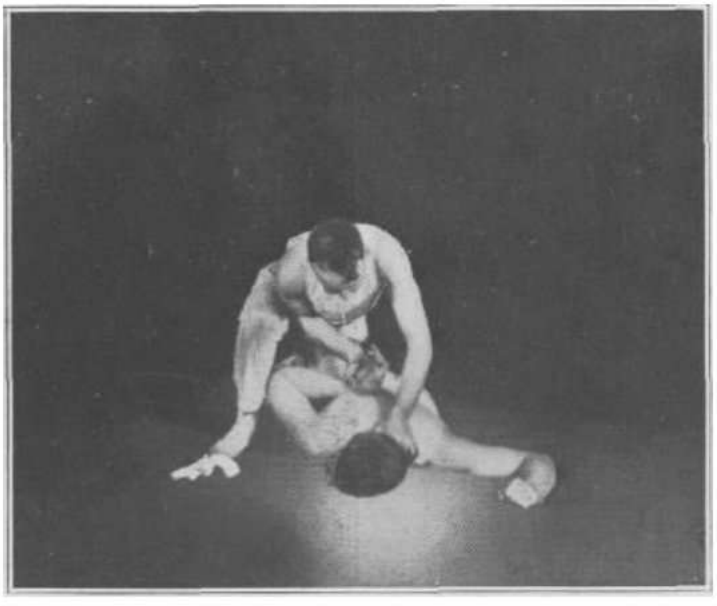


Illustration No. 82

PART VIII —LESSON No. 4

KNOCKOUT WHEN ATTEMPTING TO SEARCH

In the previous lesson you have learned how to disarm and overpower an assailant who attacks you with a gun at close quarters.

Illustration No. 83

However, an assailant often is out of reach when you are commanded to raise your hands. In a case of this kind there is only one thing to do: comply with his request and await developments. In practically all cases of this kind the gunman will come forward to search you. When he starts this procedure he gives you the necessary opportunity to become the victor.

Have your partner stand a few feet away and point an empty gun at you with his right hand as though to hold you up. Raise your arms above your head, but keep him walk forward and with his left hand start to search you. (See illustration No. 83.) Tense the muscles of your left arm and quickly snap it down and strike his wrist with the outside edge of your hand. This will carry the gun out of range of your body. (See illustration No. 84.) Grasp the back of his head with both hands and pull him forward. Swing your knee up violently, bringing it in contact with his face or chin thereby knocking him unconscious. (See illustration No. 85.) In practice, care should be taken not to strike your partner's wrist too hard, for

Illustration No. 84

with the weight of the gun in his hand the wrist can be easily broken. It is seldom that the gun will be retained when force is applied to this blow. To fully convince yourself of the great value of this knowledge have your partner attempt to pull the trigger before you can get the gun out of range. You will find that if he does not start to pull the trigger before you attempt to resist that you will easily foil him. Examine all fire arms carefully to see that they are not loaded before practicing this work.

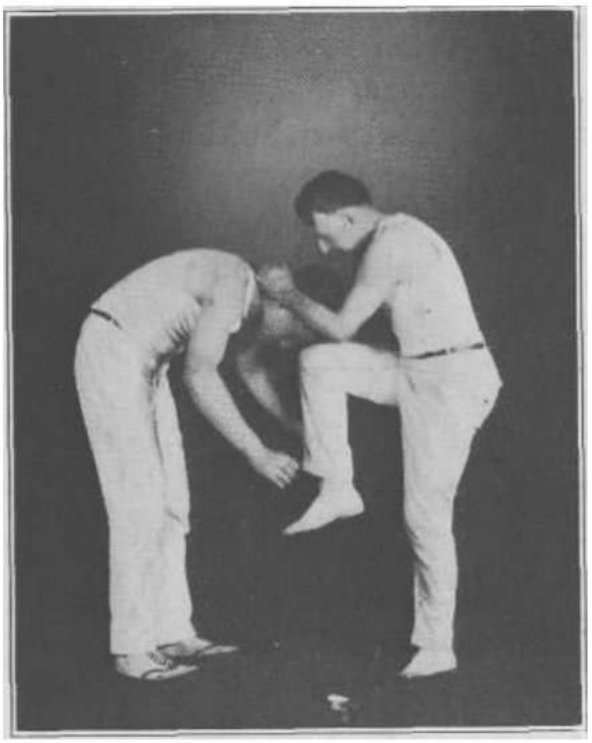


Illustration No. 85

Epilogue

Much of your success in the application of American Jiu Jitsu is brought about by doing the unexpected. When your opponent is aware in advance of what you intend to do, it then becomes a matter of strength and not of science. It is therefore of the utmost importance that after you have mastered the art of applying the various locks, grips and throws of this course, that you practice shifting your attack. When you have started to take a hold on your opponent have him resist; then immediately change your attack by applying a different trick. After a thorough practice of this principle, you will find that at all times there is an opportunity for you to secure a successful grip or make a throw.

It is a well recognized fact that exercises that train the mind and body to work together are the most beneficial in result. The practice of American Jiu Jitsu therefore is a system of physical and mental training that excels any other system for the development of health and complete mental control of the body. A certain amount of exercise each day is essential so that the different organs of the body will function properly. A few moments given to proper exercise will do much to attain and conserve health and strength.

There may be times when you have no one to practice with or your time may be limited. A few minutes on arising in the morning or retiring at night, of bending, stretching and resistive exercises will be found of much value and will keep you toned up for the more effective work. For this the following exercises will be found highly beneficial:

1. Stand erect, arms hanging at sides, heels slightly separated and feet pointing straight ahead.

2. Raise arms to cross position extended straight out from shoulder, palms up: Begin by describing a small circle with the hands six times forward then six backward, keeping arms stiff.

3. From position of attention bring the hands to back of head, lace the fingers, pull elbows well back, keep head erect. In this position bend body forward as far as it is possible to go without

bending at the knees!, raising up slowly; bend backward, repeat this eight times.

4. From position of attention extend arms to cross position, palms down. Raise them to over head, at the same time inhaling deeply, then back to cross position, exhaling at the same time. Repeat eight times.

5. Again from position of attention raise the right arm over the head, touching the left side of the neck, reaching with the left hand down as far on the leg as possible without straining too much; each time return to cross position, repeating with opposite hand. Practice this ten times.

6. Stand at position of attention, clinch fists, inhale deeply, filling lungs to full capacity; bend arms at elbows, raise them slowly, curling arms so that fists are brought up under arm pits. Bend head and shoulders well back as inhalation is completed. Loosen hands and push straight down, then fill the lungs as before. Repeat this ten times.

7. Crouch position, feet eighteen inches apart, raise on toes, extend arms out, raise slowly, return to crouch position, squatting far as possible, letting the heels touch the floor as you raise, inhaling as you go down, exhaling as you rise.

8. Position of attention, move feet about eighteen inches apart. Raise hands over the head, bend only at the waistline, forward to the right, to the back, to the left, describing a complete circle. Repeat four times. Now start the same movement circling to the left, repeat four times, now again the same number to the right; then the left.

9. Cross position, feet apart, raise right arm, keeping eyes on it as it goes up, bend left knee and lower left arm until fingers touch floor between feet, go slowly to cross position; reverse and repeat five times with each hand.

10. Position of attention, bring hands with fists clinched over shoulders, curling wrist forward, inhale filling lungs completely, force arms forward and down, swinging them up high to the back. Exhale as they go out, inhale on their return. Repeat ten times.

TENSION EXERCISE

The real value of many exercises are often overlooked due to the simplicity in which they are executed. As an aid to increasing strength and endurance, tension exercise is the most effective that can be adopted. The results depend largely upon the energy used in practice as it is necessary to use considerable physical effort. This effort however should be regulated according to your strength.

The value of this form of exercise may be well demonstrated thru the practice of the following lesson.

Make paper roll until it is about one to one and a half inches in diameter, according to the size of the hand. Grip this firmly as in an effort to crush; at the same time bend the wrist backward and forward, then to the right and left, also describe small circles with the fist without relaxing your grip. This exercise properly executed will not only increase the power of your grip, but will quickly develop and strengthen the entire arm.